



## **UPCOMING PROGRAMS & SERVICES**

*Hospice Wellington welcomes you to discover our wellness and education sessions as part of our dedication to serving the Guelph Wellington community. Our services are offered at no cost to you thanks to the generous support of those who donate to Hospice Wellington.*

**You do not have to access our residential support in order to receive support in the community.** From early diagnosis with an expected prognosis of under 18 months, and for those who are caregiving or grieving the loss of a loved one, Hospice Wellington hosts many programs and workshops to support adults living in Guelph and Wellington County.

### **Workshops & Education Sessions** **March 1<sup>st</sup> – April 12<sup>th</sup>, 2024**

#### **A Sanctuary of Music - Drop In**

**The FIRST Friday of every month, 11:00am – 12:00pm**

St. George's Anglican Church- 99 Woolwich St. Guelph

**No registration required.**

Join us for an hour of contemplative music in the community, intended to transport listeners into a place of deep comfort. The music comes through organ, piano and songs with guitar, collaboratively shared by Gerald Manning (retired organist) and Catherine Manning (Hospice Music Therapist).



#### **Being Prepared – A Guide to End-of-Life Planning and Support**

**Monday, March 4, 10:00am – 12:00pm**

**Please RSVP by using the following link: <https://app.tickettailor.com/events/hospicewellington2/1138899> or by scanning the barcode above.**

This workshop will focus on being prepared, "just in case" by navigating Hospice Wellington's Guide for End-of-Life Planning and Support. Using a case study, we will guide you through the process of end-of-life planning.



#### **The Cost of Caring – Compassion Fatigue**

**Thursday, March 7, 6:00pm – 8:00pm**

**Please RSVP by using the following link: <https://app.tickettailor.com/events/hospicewellington2/1138943> or by scanning the barcode above.**

Compassion fatigue happens when caregivers and health care workers become physically, emotionally, and mentally exhausted due to demands of caregiving. This workshop will define what it is, what it looks like, and strategies to help prevent it.

#### **Tips and Tools for Successful Caregiving**

**Thursday, March 12, 9:30am – 11:30am**

Rockmosa Older Adult Centre- 121 Rockmosa Drive, Rockwood

**Registration through Victoria Park Seniors Centre.** Call 519-856-9596 ext. 501 or visit:

In partnership with Rockmosa Older Adult Centre. These workshops are intended to provide support to caregivers through educational information, providing the opportunity to meet other caregivers, share your stories and offer and receive support from each other. You do not need to attend all but do need to register for the ones you wish to attend.



### **Grief & Bereavement Community Information Session- Journeying Through Grief-Hybrid**

**Monday, March 18, 6:00pm - 7:00pm**

Please RSVP by using the following link:

**IN-PERSON:** <https://app.tickettailor.com/events/hospicewellington2/1138675> or by scanning the barcode above.

This one-hour presentation is open to anyone in the community. This workshop will focus on how grief can impact our lives and the supports available at Hospice Wellington. Virtual and in-person attendance available.



### **Grief & Bereavement Community Information Session- Journeying Through Grief-Hybrid**

**Monday, March 18, 6:00pm - 7:00pm**

Please RSVP by using the following link:

**VIRTUAL:** <https://app.tickettailor.com/events/hospicewellington2/1138848> or by scanning the barcode above.

This one-hour presentation is open to anyone in the community. This workshop will focus on how grief can impact our lives and the supports available at Hospice Wellington. Virtual and in-person attendance available.



### **Advance Care Planning**

**Tuesday, March 19, 6:00pm – 8:00pm**

Please RSVP by using the following link: <https://app.tickettailor.com/events/hospicewellington2/1138928> or by scanning the barcode above.

We encourage everyone to engage in conversations about the care they would like to receive if they are too ill or injured to speak for themselves. This workshop will provide information about advance care planning.

### **Tips and Tools for Successful Caregiving**

**Thursday, March 21, 10:45am – 11:30am**

Victoria Park Seniors Centre- 150 Albert St W, Fergus

**Registration through Victoria Park Seniors Centre.** Call 519-846-9691 ext. 204

In partnership with Victoria Park Seniors Centre. These workshops are intended to provide support to caregivers through educational information, providing the opportunity to meet other caregivers, share your stories and offer and receive support from each other. You do not need to attend all but do need to register for the ones you wish to attend.



### **Caregiver Wellness Series**

**The last Friday of the month, March 22, 1:00pm – 2:30pm**

The Old Post- 39 Elora St, Harriston

Please RSVP by using the following link: <https://app.tickettailor.com/events/hospicewellington2/1139025> or by scanning the barcode above.

This workshop is intended to help support caregivers by providing music and wellness strategies. Meet other caregivers and share your story.

### **Navigating a Life Changing Diagnosis - Hybrid**

**Tuesday, March 26, 6:00pm – 8:00pm**

The Sanctuary Room at Harcourt Memorial Church- 87 Dean Ave, Guelph

Please RSVP by using the following link: <https://www.waitingroomrevolution.com/event-details/guelph-navigating-a-life-changing-diagnosis-7-keys-for-more-choice-and-control>

Join Drs. Sammy Winemaker & Hsien Seow to learn the 7 Keys to take charge so you can be hopeful and prepared every step of the way. Registered attendees from Ontario West region (from Waterloo to Windsor to Tobermory to Niagara Falls) will receive a FREE copy of the book! Virtual and in-person attendance available.

### **Tips and Tools for Successful Caregiving- Hybrid Program**

**Tuesday, April 2, 1:00pm - 3:00pm**

Upper Grand Family Health Team, 107-6420 Beatty Line N. Fergus

**Registration through Upper Grand Family Health Team.** Call 519-843-3947 x 123 or visit:

<https://uppergrandfht.org/care-map/>

In Partnership with the Upper Grand Family Health Team. Caregivers will learn the difference between stress and burnout, how to gain access to resources and the ability to create a social network of support. We will also be learning about strategies for self-care.



### **Virtual Village- – Connecting You with Supports in Guelph & Wellington County**

**Friday, April 5, 12:00pm – 1:00pm**

**Please RSVP by using the following link:** <https://buytickets.at/hospicewellington1/1151500Community> **or by scanning the barcode above.**

Join us on the first Friday of the month to discover how you can connect to other services and people within our community. On Friday, April 5, Hospice Wellington will host the OVC Pet Trust to share how you can navigate the journey of pet loss. Sarah Bernardi, RSW, MSW, and a veterinary social worker at the Ontario Veterinary College Health Sciences Center will share her wisdom about pet loss and resources available to help you through this journey.

### **Information Session - All You Need to Know About Hospice**

**Thursday, April 11, 10:00am – 11:00am**

Victoria Park Seniors Centre- 150 Albert St W, Fergus

**Registration through Victoria Park Seniors Centre.** Call 519-846-9691 ext. 204

In partnership with Victoria Park Seniors Centre. This one-hour presentation is open to anyone in the community interested in learning about the many palliative, caregiver, and grief support programs available at Hospice Wellington for individuals and families in Guelph and Wellington County.

## **Programs & Services for Registered Hospice Clients**

**If you wish to find out more about becoming a hospice client, please contact [info@hospicewellington.org](mailto:info@hospicewellington.org) or call 519-836-3921 ext. 228 to schedule a conversation with one of our Community Coordinators.**

**If you are an existing client, please reach out to your Community Coordinator directly for program registration.**

### **1:1 Support - In-home or by telephone**

One-to-One in-person and phone support is available with a trained volunteer companion. Mutually agreeable session dates, times, and frequency are arranged between the client and volunteer.

### **Gentle Yoga - Mondays - Guelph**

This gentle yoga program includes breathing exercises, simple stretches and poses, and mindful meditation. Modifications will be offered for those practicing with limitations or injuries.

### **Palliative Day Program - Wednesdays - Guelph**

Our Palliative Day Program offers a friendly environment for clients living with a life-limiting illness. It provides activities for social and emotional support in a relaxed setting, while caregivers have an opportunity for respite.

### **Therapeutic Touch® (TT) - In Person (Guelph) & By Distance**

An evidence-based form of energy healing that incorporates the intentional and compassionate use of universal energy. Sessions are available with our volunteers by phone or in person.

### **Reiki - In Person (Guelph) & By Distance**

A subtle and effective form of energy healing. Our volunteers offer sessions by phone or in person.

### **Bereavement Walking Group – Guelph & Mount Forest**

Our walking group bridges peer support and social connections between grievers while participating in physical exercise.

### **Caregiver Coffee Conversations - Rockwood**

In partnership with Rockmosa Older Adult Centre, this group is for caregivers caring for a loved one with a life-limiting illness. It is an opportunity to meet other caregivers, learn how others have met similar challenges, and identify strategies for self-care.

### **Art Therapy Open Studio - Guelph**

This offering is open to gently support all individuals who wish to engage in their own art making process. Drop-in for the time you need to engage with your artistic self and others.

### **Monthly Encaustic Card-Making Workshops - Guelph**

These workshops aim to support creative encounters in our Art Therapy studio. No experience is necessary, but rather a willingness to explore simple encaustic wax techniques for the creation of one-of-a-kind cards. Take home a hand-made original card with you each session!

### **Gentle Art Therapy Invitations - Guelph & Elora**

This group incorporates weekly topics using art-making materials to explore aspects of self-care, self-expression, and processing of challenging emotions and experiences connected to the individual's journey with grief. No artistic experience, skill, or training is required to participate.

### **Music Therapy Group - Guelph & Elora**

There are many ways to explore and to be present with our loss. Music has a way of coming alongside us in our lives, speaking where words fail, or perhaps giving us a new language for our experience. This bereavement group will weave songs and stories to support you in the difficult time.

### **Peer Grief Support Group - Attend in person or online, location varies throughout the year**

A weekly peer support workshop which runs for 8 weeks. This group is for adults who have experienced the death of a loved one. This group will be a closed group: participating members will remain with the same group throughout the 8 weeks.

### **Spouse/Partner Loss Support Group - Attend in person or online, location varies throughout the year**

A weekly peer support workshop which runs for 8 weeks. This group is for adults who have experienced the death of a spouse/partner. This group will be a closed group: participating members will remain with the same group throughout the 8 weeks.

### **Gentle Art Therapy Invitations**

#### **Tuesdays/Wednesdays/Thursdays - Guelph & Elora**

This group will incorporate weekly topics using art-making materials to explore aspects of self-care, self-expression, and processing of challenging emotions and experiences connected to the individual's journey with grief. No artistic experience, skill, or training is required to participate.

### **Horticultural Wellness Workshop - Guelph**

Open to all Hospice Wellington clients. This workshop is intended to ground each individual in nature using their senses, and exploring how nature can aid our mental health.

### **Bare Ink Bereavement Writing Workshop - Guelph**

This workshop is a safe, creative space to express your grief in writing. The workshop will include prompts, reflection, writing time and discussion.